

## 2Company Potatoes Revision5

Number of Servings: 5 (200.24 g per serving)

Amount	Measure	Ingredient
19.00	oz	Potatoes, hash browns, shredded, 80% ckd, iqf
1/8	ea	Soup, cream of potato, 50oz pack, cond, cnd
9 1/2	Tbs	Sour Cream, light
4 3/4	oz	Cheese, cheddar, low fat, shredded
1.00	tsp	Spice, paprika
4 3/4	tsp	Parsley, dried

### Nutrients per serving

Nutrition Facts		
Serving Size (200g)		
Servings Per Container		
Amount Per Serving		
Calories 190		Calories from Fat 45
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 500mg		21%
Total Carbohydrate 24g		8%
Dietary Fiber 3g		12%
Sugars 2g		
Protein 10g		
Vitamin A 10% • Vitamin C 15%		
Calcium 15% • Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Instructions

Combine all ingredients. Pour into pan(s) sprayed with nonstick spray. Sprinkle with paprika and parsley flakes on top. Bake uncovered at 325 degrees for 1 1/2-2 hours or until well cooked and done.

Serve 1/2 -2/3 cup/#8 scoop = 1 vegetable serving  
1 serve = 24 grams CHO = 1 1/2 CS

### Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.  
May add onion or bell pepper to customer's taste